

Patient advice sheet

After your Oesophageal Dilatation

What to expect after you have had an Oesophageal Dilatation

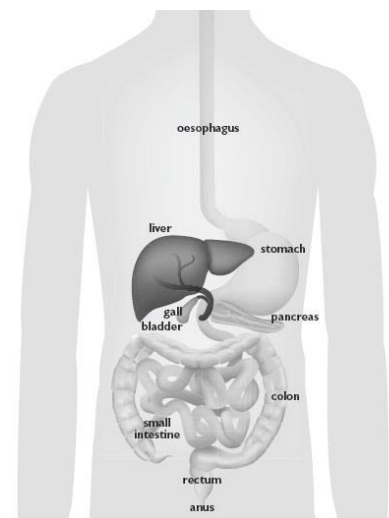
You have had a procedure called an Oesophageal Dilatation. You will have discussed the results of your test with a doctor or one of the Endoscopy nurses before you were discharged from hospital. This advice sheet is to provide information on what to expect following this procedure.

What are the possible after effects of the procedure?

You are likely to have a sore throat following the procedure and you may feel bloated from air, which is blown in to aid the examination. You may have some pain in the chest: if so, soluble paracetamol is recommended.

What are the after effects of the sedative injection?

If you have had a sedative injection, your mental ability to think clearly and make decisions may be affected for up to 24 hours after the procedure even though you feel wide-awake. For this reason, you must have someone who can take you home and look after you for the rest of the day. You may resume eating a soft diet after 6 hours. It is important to try to resume your normal diet after 24 hours to ensure the oesophagus remains dilated and open.



If you have had sedation, for **24 hours** after your procedure **you must not:**

- Drive
- Operate potentially dangerous machinery

For **8 hours** after sedation, you should also **not:**

- Use potentially dangerous appliances such as a cooker or kettle
- Have a bath unsupervised
- Look after dependants on your own
- Go to work
- Sign any legal documents
- Drink any alcohol
- Take sleeping tablets or recreational drugs

Advice

Please do not hesitate to contact us if you are worried about any symptoms you experience after this test.

How to seek help after the test

If you experience any severe chest or abdominal pain, particularly on swallowing, or if you vomit blood, please seek help immediately:

During normal office hours call the relevant Endoscopy Unit:

Stoke Mandeville Hospital - 01296 315220

Wycombe Hospital - 01494 425073

Outside office hours, patients who have had their procedure in Wycombe or Stoke Mandeville Hospitals who need advice should

call Ward 17 at Stoke Mandeville Hospital on 01296 418201.

Follow Up Information

- A copy of your report is attached.
- You need to see your GP for treatment. Please check your GP Practice has received your results before making an appointment or take the copy of the report with you.
- You need to be seen in Outpatients Clinic.
- You will need another investigation.
- A copy of your results will be sent to your Consultant and/or GP.
- You had a biopsy. The results will be sent to your GP and/or consultant in approximately 2 weeks. You will be contacted if further action is necessary.

If you would like a copy of this leaflet on audiotape, in large print or translated, please telephone 01296 315175 (SMH) or 01494 425288 (WH)

Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

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